PELVIC FLOOR MUSCLE SPASM:
Myths busted and FAQs answered
What is the pelvic floor?
What is pelvic floor spasm?

Characterized by chronic anal pain

Caused by tight muscles in the pelvic and anal regions
What causes pelvic floor spasm?

- Visceral pain syndromes
- Childbirth
- Biomechanical abnormalities
- Overuse injuries
- Repetitive bladder, vaginal, and/or prostate infections
- Pelvic floor clenching

@pelvichealth
Does this mean the pain is all in my head?

So, it’s no big deal and I just need to live with it?
Does this mean I don’t have [another medical problem]?

But, I was told I had [another medical problem]?
<table>
<thead>
<tr>
<th>GI</th>
<th>URO</th>
<th>GYN</th>
<th>MSK</th>
<th>NEURO</th>
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</thead>
<tbody>
<tr>
<td>IBS</td>
<td>Interstitial cystitis (painful bladder syndrome)</td>
<td>Endometriosis</td>
<td>Pelvic floor tension myalgia</td>
<td>Ilioinguinal, iliohypogastric neuropathy</td>
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<td>IBD</td>
<td>UTI</td>
<td>Adenomyosis</td>
<td>Myofascial pain</td>
<td>Pudendal neuropathy</td>
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<td>Celiac disease</td>
<td>Nephrolithiasis</td>
<td>Degenerating or large fibroids</td>
<td>Ovarian pain</td>
<td>Vulvodynia</td>
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<td>Constipation</td>
<td>Bladder cancer</td>
<td>Ovarian masses</td>
<td>Sacroiliac dysfunction</td>
<td>Cervical allodynia</td>
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<td>Diverticulitis</td>
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<td>PID</td>
<td>Piriformis syndrome</td>
<td>Vaginal apex pain</td>
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<td>Chronic appendicitis</td>
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<td>Hydrosalpinx</td>
<td>Coccydynia</td>
<td>Central sensitization</td>
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<td>Parasitic infection</td>
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<td>Ovarian remnant</td>
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<td>Ischemic colitis</td>
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<td>Isthmocele</td>
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<td>Colon cancer</td>
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<td>Hernias</td>
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<td>Vulvar dematoses</td>
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<td>Intermittent bowel obstruction</td>
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<td>Vaginal atrophy</td>
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<td>Pelvic congestion</td>
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</tbody>
</table>
Figure 1. A sample of chronic overlapping pain conditions (Courtesy CRPA).
It feels like something is falling out.

I was told I have prolapse.
PROLAPSE OF THE UTERUS

a healthy uterus

I stage uterine prolapse

II stage uterine prolapse

III stage uterine prolapse

Examples of pelvic organ prolapse

www.oriolephysio.com
There’s nothing I can do?
Pelvic floor muscle spasm Treatment:

- Not surgical
- Heat, NSAIDs, Ice
- Pelvic floor physical therapy
  - Reverse Kegel exercises
  - Water therapy
  - Vaginal dilators
  - Dry needling
  - TENS unit
- Muscle relaxants
- Injections
I can just do PT at home/on my own.
It’s not just pain during sex.

I have pain in my hips/back/legs/abdomen too.
I don’t want to take medications.

I’ve tried medications and PT before, and they didn’t help.
• Anti-inflammatory diet
• Sleep
• Exercise
• Cognitive behavioral therapy
• Chiropractic care
• Acupuncture
• Massage therapy
• Meditation
• Mindfulness
Do you have any resources?

- Pelvic floor relaxation videos
  - [https://www.youtube.com/watch?v=Auca88tmUu8](https://www.youtube.com/watch?v=Auca88tmUu8)

- Pelvic floor yoga videos
  - [https://www.youtube.com/watch?v=2aEceax_be4&t=1585s](https://www.youtube.com/watch?v=2aEceax_be4&t=1585s)

- Anti-inflammatory diet

- IPPS Patient handouts
  - [https://www.pelvicpain.org/IPPS/Content/Professional/Patient_Handouts.aspx](https://www.pelvicpain.org/IPPS/Content/Professional/Patient_Handouts.aspx)